



# USARPAC *Safety* Gram



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## Autumn Safety Tips

Autumn brings one of the most beautiful times of the year with colorful leaves and pumpkins littering the ground. The season also brings up safety issues for the entire family. Prepare for the changing weather of the fall to ensure that your family is both happy and healthy the whole season long.

### Colder Weather

As autumn comes into full swing, the temperatures may lower in your area, which can lead to several safety issues.

- ◆ Have your chimney and furnace cleaned and inspected on a regular basis. This helps prevent chimney fires and carbon monoxide buildup.
- ◆ Keep your fireplace hearth free of newspapers, magazines, toys, or anything combustible.
- ◆ Do not burn cardboard boxes of trash in your fireplace, as they can cause chimney fires.
- ◆ Be sure the house is well ventilated when painting or using other chemicals.
- ◆ Leave at least three feet of space around your space heater. Remember to unplug it when it's not in use.
- ◆ Use candles with care. Keep them away from flammable objects. Never leave them unattended and always extinguish them before leaving the room.



### Fall Driving

There are multiple autumn safety issues that relate to the road.

- ◆ Since days are getting shorter during the fall, more driving will occur when it is dark out. This can lead to drowsiness while, which leads to more accidents. Plan for more rest throughout the season.
- ◆ School buses will now be present in the morning and small children walking to the bus.
- ◆ Leaves may cover the road and become slippery with weather. This requires careful road travel, especially for bicycles and motorcycles.
- ◆ Tire pressure can be affected by the cool nights and warm days of autumn. Make sure to check on tire pressure throughout the season.

### Staying Healthy

One of the downsides of fall is that with it comes cold and flu season. Some recommendations to keep in mind:

- ◆ Always get a flu vaccination. While it's not pleasant, it's much better than coming down with the flu, which can linger for weeks, and in some cases it can even be fatal.
- ◆ If you do get sick, don't go to work unless you absolutely have to. A cold or flu can spread around an office quickly, ruining productivity.
- ◆ Always wash your hands carefully. One of the best ways to avoid a cold or the flu is to wash your hands regularly. Make sure the water is hot, use plenty of soap, and keep the hands under the water for at least 30 seconds.



***Following autumn safety practices gives you piece of mind that you are taking the proper precautions to keep your family safe as they enjoy this special time of year.***